

The Top 10 Things to Know About Transitions

- 1. The involuntary ones are the hardest.**
- 2. Transitions bring periods of deep introspection.**
- 3. Transitions cause us to question who we are and who we'll be when they're over.**
- 4. Transitions involve loss.**
- 5. Transitions involve ambivalent feelings and therefore conflict.**
- 6. Transitions are a part of life, because life is change.**
- 7. Transitions are wonderful opportunities for evolving.**
- 8. Some transitions have to be accomplished after the fact - a car accident that leaves you blind, for instance.**
- 9. The more you fight a transition, the harder you'll make it on yourself.**
- 10. Coaching is excellent for transitions.**